From the Principal ..........................

Dear Parents,

Welcome back to term 2. I hope everyone had an enjoyable and relaxing break. This term is only 9 weeks in duration so will pass very quickly. The term culminates with the mid-year reports going home and parent/teacher discussions.

Year 11/12 Provision at Sheffield School Forum
A reminder to parents that a forum on the proposal of the provision of year 11/12 at the Sheffield School will occur this evening in the Music Room commencing at 5.30pm. This is an important opportunity for members of our school community to gather further information on the proposal and both listen to the views of others and also provide their own feedback to the group. This forum is the first step in a process that will assist to inform the decision making at School Association level on this matter.

Student Absences
Thank you to those parents that continue to be proactive and notify the school when their child is absent from school. On average across the school this year there are still 2.5%, which translates to a significant number of student absence days that are unexplained. As previously communicated we are obligated under the Education Act to follow up on these absences. In recent times I have received via the Department’s Student Support System a number of 5 and 10 day absence alerts which require attention. To alleviate this matter I would appreciate continued parent support in explaining student absences from school, via one of our communication methods - phone, e-mail, SMS or face to face notification. Thank you in anticipation of your cooperation with this matter.

Student Achievements
Featured in this newsletter is an article detailing the success of a group of our students at the recent Pony Club Tasmania North West Zone Junior Games Competition representing the Kentish Pony Club. We wish these students well in the upcoming State Titles.

I would also like to draw your attention to an ABC broadcast over the weekend featuring our very successful rowers. The story can be viewed at the following link - http://www.abc.net.au/news/2014-05-10/young-rowers-making-waves/5444544?section=tas
Both of these groups of students have done themselves, the school and our community proud. Well done!
NAPLAN Testing
This week all students in grade 3, 5, 7 and 9 have participated in NAPLAN testing. Testing occurred in the areas of reading, writing, spelling, grammar and punctuation and numeracy. The aggregated, grade cohort and individual data obtained from this testing, along with other school based testing data is very important and assists to inform school and class planning for the following year in the areas of literacy and numeracy.

Moderation Day
This year students are being assessed against Australian Curriculum achievement standards in the areas of English, Mathematics, Science, History, Geography (P-8) and Health and Physical Education (7-10). During the Moderation Day held on the last day of term 1, our staff collaborated with other staff from across our cluster and the wider network of schools in the North West Learning Service, to further develop a common understanding of the assessment standards associated with the new curriculum. As previously mentioned the ultimate aim of these days is to ensure equity in assessment across all schools i.e. a work sample from a student in Sheffield may be assessed as ‘at standard’ and if that piece of work were assessed by a teacher in another school we would expect the same assessment. The feedback from our staff in regard to the progress achieved from these opportunities to work with their colleagues from other schools has been very positive and beneficial.

Student Uniform
In recent times there has been a considerable change in the temperature, with winter just around the corner. Our students with the support of parents have presented extremely well in school uniform over the course of term 1. Unfortunately with the colder weather we often see students wearing jumpers and hoodies that are not a part of our school uniform. As a school we have a fleecy jacket option for Primary students and a wind stopper jacket for Secondary students as a measure to counter the colder weather. I would appreciate parent support to ensure students continue to wear their full school uniform over the remainder of the year.

Ron Daly
PRINCIPAL

Calendar dates.....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 May</td>
<td>Immunisations Grade 7 and 9 Boys</td>
</tr>
<tr>
<td>19 May</td>
<td>Primary Soccer Clinic 9am-3pm</td>
</tr>
<tr>
<td>20 May</td>
<td>Assembly Railton Campus (commencing at 11.30am)</td>
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<tr>
<td>21 May</td>
<td>Primary Soccer Clinic 1.30pm – 3pm (Railton Campus) Try A Skill (Burnie)</td>
</tr>
<tr>
<td>21 – 22 May</td>
<td>School Photos</td>
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<tr>
<td>23 May</td>
<td>Assembly K – 6 (commencing at 11.45am)</td>
</tr>
<tr>
<td>27 May</td>
<td>NWPSSA Cross Country</td>
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<tr>
<td>28 – 30 May</td>
<td>Grade 8 School Camp – Camp Clayton</td>
</tr>
<tr>
<td>2 – 5 June</td>
<td>Production: Pirates – The Musical</td>
</tr>
<tr>
<td>4 June</td>
<td>Inter-high Cross Country</td>
</tr>
<tr>
<td>6 June</td>
<td>Assembly 7 – 10 (commencing at 11.45am)</td>
</tr>
</tbody>
</table>
# K – 10 Canteen Price List 2014
Effective 19 May 2014

## Recess & Pre-ordered Lunch Lines
- **Fruit Buns** $1.50
- **Raisin Toast** $1.50
- **Smarty Pies** $1.20
- **Sausage Rolls** $1.70
- **Savoury Toast** $2.00
- **Egg and Bacon Pies** $1.00
- **Toasted Ham and Cheese Sandwich** $3.00
- **Hot Chocolate (pre-ordered with lunch orders only)** $2.50
- **Hot Milo** $2.50
- **Chocolate, Strawberry or Honeycomb Nippys Milk** $2.00 (250ml) $2.70 (375ml)
- **Orange, Apple or Apple & Blackcurrant Pop Tops** $2.00
- **Hash Browns** 2 for $2.50

## Lunch Lines
- **Chicken Nuggets (x 6)** $2.50
- **Seasoned Chicken Fillet with lot (Roll or Wrap)** $4.50
- **Chicken Burger (in bread)** $3.00
- **Chicken Burger (with lot)** $4.50
- **Hot Chicken & Gravy Roll** $4.50
- **Vegie Burger in Bread** $3.00
- **Vegie Burger with Salad** $4.50
- **Pie** $3.50
- **Pastie** $3.50
- **Sausage Roll (large)** $3.00
- **Fried Rice (Wednesday, Thursday & Friday only)** $3.00 sml $3.50 lge
- **Pizza Singles (ham & pineapple, bacon and cheese)** $2.80
- **Pizza Focaccias (Ham and pineapple)** $3.00
- **Lasagne** $4.00
- **Salad Tub (Ham/Chicken)** $4.50
- **Salad Wrap (ham or chicken)** $4.50
- **Salad Roll (ham or chicken, white or wholemeal bread)** $4.50
- **Salad Sandwich (ham or chicken, white or wholemeal bread)** $4.00
- **Bread Roll - vegemite, peanut butter, cheese** $2.50 ham and cheese or chicken and cheese $3.50
- **Toasted Sandwich (One filling)** $2.50 Ham or chicken and cheese $3.00 (Extra filling 50c) e.g. pineapple, tomato
- **Toasted Focaccias (turkey/cranberry or ham/cheese up to 3 fillings)** $4.50
- **Sauce** $0.30

<<<<<<<<<<< SPECIALS >>>>>>>>>>>>>>>>>>
- **Pumpkin Soup or Chicken and Corn Soup** $2.50 (small) $3.50 (Large)
- **Bread Roll (Buttered or Unbuttered)** $1.50
Singing and Piano Tuition

Chloe Thomas is available for piano and singing lessons. She has played piano for many years and has completed Grade 8 AMEB in Piano and Grade 7 in Singing. In 2011 she was awarded with the Jean Barry Memorial Prize and the Fosters Music Award for her playing. She has 2 year’s experience teaching students with great success. If you could like lessons with Chloe, please contact her on the following numbers:

Ph: 64911297
Mob: 0421341486

School Photos timetable

A timetable for family photos will be advertised on the student memo on Monday 19th May. There will be arrangements made to transport Railton students to Sheffield for the family photos session if required.

<table>
<thead>
<tr>
<th>Wednesday 21 May</th>
<th>Thursday 22 May</th>
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<tbody>
<tr>
<td>9:15 Prep Hinrichsen/Sullivan</td>
<td>9:20 Kinder A</td>
</tr>
<tr>
<td>9:35 Prep Moles/Allen</td>
<td>9:40 Kinder B</td>
</tr>
<tr>
<td>9:55 1 Allen</td>
<td>10:00 8A (SM)</td>
</tr>
<tr>
<td>10:15 1-2 Hinrichsen/Sullivan</td>
<td>10:15 8B (TF)</td>
</tr>
<tr>
<td>10:35 6 Bakes/Jackson</td>
<td>10:30 Family Photo</td>
</tr>
<tr>
<td>11:20 2 Moore</td>
<td>11:20 9A (CS collect from English)</td>
</tr>
<tr>
<td>11:35 3-4 Dowie</td>
<td>11:35 9B (SL)</td>
</tr>
<tr>
<td>11:50 4-5 Laws</td>
<td>11:50 10A (TH to collect from History)</td>
</tr>
<tr>
<td>12:05 5 O’Rourke</td>
<td>12:05 10B (MD)</td>
</tr>
<tr>
<td>12:20 5-6 Richards</td>
<td>12:20 Family Photos</td>
</tr>
<tr>
<td>12:35 3-4 Last/Mainwaring</td>
<td>13:15 Railton Kinder/Prep</td>
</tr>
<tr>
<td>1:30 7A (EE)</td>
<td>2:15 Railton Kinder/Prep</td>
</tr>
<tr>
<td>1:45 7B (EW)</td>
<td>2:30 Railton 1-2</td>
</tr>
<tr>
<td>2:00 Family Photos</td>
<td>2:45 Railton 3-4</td>
</tr>
<tr>
<td>3:15 Staff Photo</td>
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Pathways Update
In the past, we have used a brochure called “WHY FINISHING YEAR 12 IS IMPORTANT” containing information to help Parents and Students better understand the benefits to gaining a Year 11 & 12 Education. This brochure is now available from the department website for all to access at the following link:

There is also one on University entrance that might be useful, it can be found at:

Like Facebook:
For the past 18 months Pathway Planning have administered a local Facebook Page designed to help students – specifically G9 & 10 students access relevant information as it becomes available. To get access to this page, simply search for ‘Pathway Planning North West’ and ‘Like’ once you have located it. This will mean each time the page is updated with information about ongoing CAP (Careers Awareness Programs), Don Taster days, Enrolment and Commencement information or anything else you should know, it will notify you.

Try a Skill – Grade 9:
On Wednesday 21st May, students from Sheffield School have again been invited to what has become one of the most popular events for Grade 9 students. We have already spoken to students about this program, permission forms along with individual selection sheets have already been completed in anticipation for this event early term 2.

We really look forward to attending this event and reporting back on how it went.

Illuminate:
For students who are really interested in creating foods or commodities, inventing new products, want to run their own business or who are just full of great ideas, the Illuminate program is a great program to be involved in.

It is a team event where over a period of a week, teams are given a theme and need to produce a creation or product that could be marketed in the real world.

If anyone is interested, please see either the Pathway Planner or Mrs. Maddick.

Year 9 & 10 Medicine/Paramedicine Taster Day
Are you trying to figure out what you are going to do when you leave school? Should you be a doctor or a teacher? Maybe you want to travel, help people or have a job where you are always outdoors? The Faculty of Health at the University of Tasmania is here to help! Come and experience the Medicine/Paramedicine Taster Day and discover what these professions have to offer.

The Medicine/Paramedicine Taster Day is on again for 2014 and is open to all year 11 & 12 students wishing to gain some insight into what our health courses can offer. Students will learn about the Bachelor of Medicine/ Bachelor of Surgery, Bachelor of Biotechnology and Medical Research, and the Bachelor of Paramedic Practice.

When: Friday 15th August 2014
Time: 10:15am – 3:45pm
Where: School of Medicine, MSP, Hobart
Who: Year 9 & 10

If you are interested in registering for the 2014 Medicine Taster Day, visit: www.utas.edu.au/health/taster-days. Registration is open to all year 9 & 10 students. Places are limited so get in quick. Applications close on Monday 4th August 2014.

Nursing Taster Day 2014
Are you thinking of becoming a nurse or midwife? Attend the University of Tasmania’s, School of Health Sciences Nursing Taster Day to find out about an exciting career! This is your chance to gain an insight into nursing at UTAS and where a career as a registered nurse can take you.
Nursing Taster Day Information:

**HOBART**
When: Friday 5th September 2014
Time: Session 1 - 10:00am-12:00pm
Session 2 - 1:00pm-3:00pm
Where: School of Health Sciences Domain campus (Hobart)
Who: Students in years 10 & 12

**LAUNCESTON**
When: Friday 5th September 2014
Time: Session 1 - 10:00am-12:00pm
Session 2 - 1:00pm-3:00pm
Where: School of Health Sciences Newnham campus (Launceston)
Who: Students in years 10 & 12

If you are interested in registering for the 2014 Nursing Taster Day, visit: www.utas.edu.au/health/taster-days
Registration is open to all year 10 & 12 students. Places are limited so get in quick. Applications close on Friday 8th August 2014.

Pharmacy Taster Day 2014
Did you know that pharmacists are one of Australia’s most trusted professionals? The University of Tasmania’s School of Medicine are hosting the Pharmacy Taster Day for 2014. At the Pharmacy Taster Day you will learn about pharmacy as a unique career opportunity that incorporates multiple fields including medicine, science, business and patient care.

Pharmacy Taster Day Information:
When: Wednesday 3rd September 2014
Time: 10:00am – 3:00pm
Where: Pharmacy, Sandy Bay campus
Who: Students in years 9, 10, 11 & 12

Morning tea and lunch will be provided.
If you are interested in registering for the 2014 Pharmacy Taster Day, visit: www.utas.edu.au/health/taster-days
Registration is open to all year 9, 10, 11 & 12 students. Places are limited so get in quick. Applications close of Friday 1st August 2014.
Junior Team Excels at Zone Games

The Kentish Pony & Hack Club Junior Games team surprised everyone (including themselves!) when they won the Pony Club Tasmania North West Zone Junior Games Competition on 4th May. The team consisted of 6 riders - Bronte Page, Pyper Page, Rebecca Smart, Jacinda Batt, Sarah O’Grady & reserve Katelin Adams. With mixed experience varying from multiple games representatives to first time team members Kentish blitzed the field.

A total of 15 mounted games were run with Kentish’s junior team winning 13 of them and placing 3rd in the remaining 2 games. The comradeship and teamwork took them to the top and in doing so qualifying them for the State Games.

Only the 2 top teams of each zone (North West, North & South) in the state are privileged to compete at the State Games competition to be held on the 25th May at Gravelly Beach.

We wish the team well at the State Titles.
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all.

“Don’t worry, it will all turn out right!” was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at...”? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

more on page 2
... healthy ways for kids to manage their emotions ...

**Deal with negative feelings**

5 *Exercise*

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

6 *Distract yourself*

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worries. It's amazing how much better a situation will seem after giving your mind a short break from it.

7 *Have constructive habits and hobbies*

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives - all work and no play - are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

*It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that if we'll feel better, make better decisions and be more effective as parents and teachers as well.*

This is an extract from "15 right ways to manage emotions", a special report available at ParentingIdeasClub.com.au

*Michael Grose*
You Are Invited to an Evening of Tasting Fine Tasmanian Food

Informal Tapas Style dining, Sharing in a number of delicious dishes

Featuring

Tasmanian Seafood, Chicken, Beef, Lamb and Pork

To be held at
The Central, Devonport
4th June 2014
6.30pm for 7.00pm

Tickets $45.00pp, 16 & under $35pp, (Drinks not included)

Tickets: Annette Page 0417 238 107
Amanda Grey 0427 497 383

RSVP with payment 21st May 2014
COMMUNITY NOTICEBOARD

FREE LEARN TO SWIM FUN AFTERNOON  Saturday  17 May

As part of National Families Week, Splash are holding a FREE Learn to Swim Fun afternoon for babies through to adults. Entry will be free from 1pm for children and families that register to attend. Lessons will be run from with our highly qualified swim teachers.

Bookings are essential to secure a time.

Please phone Splash customer service on 6423 3007.

Disclaimer: Parents should note that advertisements for education services, companies, activities or similar events are published as a ‘community service’. Sheffield School is in no way liable for the quality, supervision or integrity of the provider and strongly suggests that parents make their own enquiries before engaging with the advertised event.

Ron Daly, Principal